

Count Me In!

Tools for an Inclusive Ontario

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Who we are

Ontario Prevention Clearinghouse (OPC) builds health promotion capacity and fosters the development and implementation of effective prevention and health promotion strategies to improve the health of Ontarians and Canadians.

- OPC builds the capacity of health promoters to implement health promotion strategies, based on the Ottawa Charter for Health Promotion, that address the determinants of health.
- OPC is Ontario's leading bilingual health promotion organization.

Overview

- Inclusion and health – personal and collective
- Inclusion as a dynamic concept
- Count Me In workbook
- Determinants of Health
- Where am I in all of this?

We start by defining *health*

- Health is:
 - A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO, 1948)
 - Created and lived by people within the settings of their everyday life; where they learn, work, play and love" (Ottawa Charter for Health Promotion, 1986)

And Defining *Health Promotion*

- Health promotion is:
 - The process of enabling people to increase control over the determinants of health, and thereby improve their health.
(Regional framework for health promotion, WHO 2002)

Why Inclusion?

- A lens to help focus on the political, social and economic factors that influence the health of populations
- Inclusion focuses on social structures and conditions, rather than the specific factors that contribute to each individual's social exclusion or inclusion.

Inclusion & Health

Count Me In!

- Inclusion as a way to improve the health of individuals and communities
- Define inclusion
- Create tools for inclusion and health



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Defining Inclusion

An inclusive society creates both the *feeling* and *reality* of belonging and helps each of us reach our full potential.

We build the reality of belonging together by engaging our society to ensure it.



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The Feeling of Belonging

The *feeling* of belonging emerges through caring, cooperation, and trust.

The feeling of belonging flows from attitudes, behaviors, structures, processes, environments.

The Feeling of Belonging

This emerges from cooperation, caring, trust.

Look for attitudes, beliefs, behaviors, processes, environments:

- Do we create environments where people feel comfortable? How?
- Do we show them that we care? How?
- Do we show that we trust them, and they can trust us? How?

The Reality of Belonging

The *reality* of belonging emerges through equity and fairness, social and economic justice, and cultural as well as spiritual respect.

The reality flows from missions, mandates, structures, policies, programmes and advocacy.

The Reality of Belonging

This emerges through equity & fairness, social & economic justice, and cultural & spiritual respect.

Look for missions, mandates, policies, programmes and advocacy:

- Do our missions, mandates, and policies encourage equity & fairness; cultural & spiritual respect?
- Are we aware of the social and economic issues and disparities around us?
- How do these play a part in including or excluding people?
- What would inclusive policies and practices look like?
- What would an inclusive structure look like?
- Whose responsibility is it to ensure inclusion?
- Do we advocate for change? How do we do that?
- How do we include those affected in this?

Tools for an Inclusive Ontario

- Who? Your group and the specific factors that influence your group
- What? The determinants of health
- Where? Ways to measure belonging
- How? Strategies and targets to promote inclusion

Who?

Your group and specific factors for your group

We are all different. Groups can be based on many things – age, sexuality, religion, location and ethnicity.

Belonging may be experienced in different ways by our diverse populations.

What?

The determinants of health

Income, community, education, employment, environment and equity affect our health and our sense of belonging.



Health

Health Services

Income and
Social Status

Education

Employment
and Working
Conditions

Social
Support
Networks

Physical
Environments

Biology and
Genetic
Endowment

Social
Environments

Healthy Child
Development

VALUES

Culture

Personal
Health
Practices and
Coping Skills

Gender

BELIEFS

ASSUMPTIONS

Groups & Belonging

Groups *experience* the feeling and reality of belonging in *different ways* in a diverse society.

Specific factors vary within and among groups. We must take those factors into account to ensure belonging

Where?

Ways to measure belonging in society

Inclusion indicators measure and mark progress towards belonging. In trying to determine an indicator, we can ask ourselves the question: "What would *good* look like for my group?"

How?

Strategies and targets to promote belonging

- Who has the power to make a decision about your issue?
- Who else might help you with your issue?
- What is the best way to influence decision makers?
- What is the best way to communicate with them?

Toolkit Summary

<u>Group,</u> <u>e.g.</u>	<u>Specific</u> <u>Factors</u> <u>for your</u> <u>Group</u>	<u>Determinant</u> <u>of Health</u>	<u>Indicators</u> <u>for</u> <u>Individuals</u> <u>, Families,</u> <u>Communiti</u> <u>es</u>	<u>Indicator</u> <u>s for</u> <u>Agencies</u> <u>Govern-</u> <u>ment,</u> <u>Schools,</u>	<u>Strategies</u> <u>for</u> <u>Inclusion</u>	<u>Targets</u> <u>for</u> <u>Inclusion</u>
<ul style="list-style-type: none"> •gender •age •sexuality •location •ability •race •other 		<ul style="list-style-type: none"> •income •employment •education •community •environment •equity 				

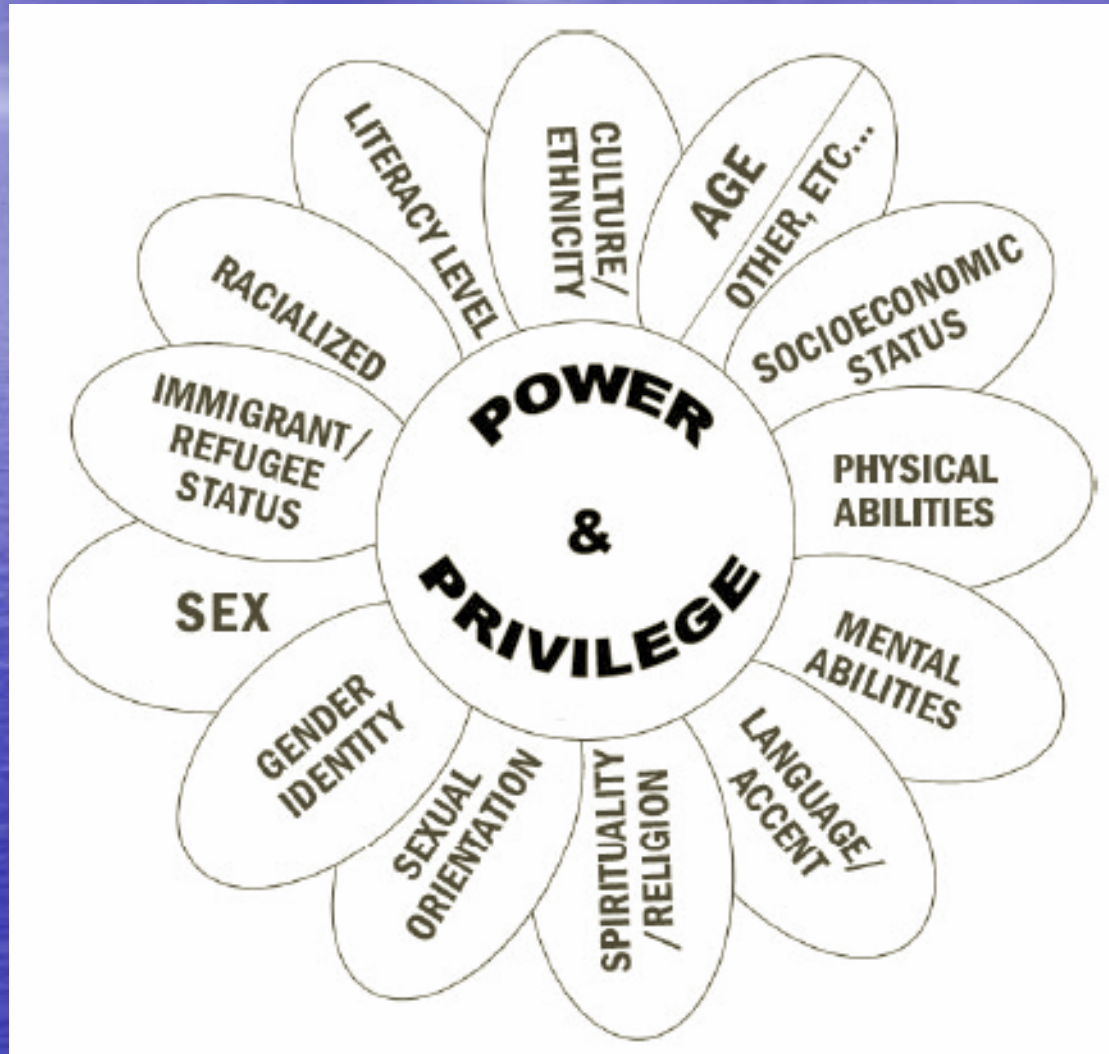


Health Disparities in Canada

- Canadians among world's healthiest, but some Canadians are less healthy than others
- Aboriginal, ethno-racial, immigrant
- Income, education, geographical distance
- Healthy immigrant effect

Reduction of health disparities is important not only for those in poorer health, but it also results in overall improvement in the health of the population.

Power Flower



Ongoing questions...

- Is inclusion simply the opposite of exclusion?
- Whose responsibility is it to ensure inclusion?
- How are those who are marginalized and excluded involved in this process?
- How does power influence inclusion, and where does it reside?
- What needs to change for inclusion to happen?
- How do we promote inclusion with those who do not include?
- How do our own assumptions and beliefs come in the way of inclusion?
- How do we move beyond the us/them dichotomy that we often work with?
- How does current “silo-thinking” along with fragmented funding patterns defeat inclusion?
- Are we including people in existing structures, or do we change the structures themselves?
- Does creating inclusive structures automatically ensure inclusion?

Inclusion is about finding out what works, and mobilizing resources to resolve the problems brought about through social exclusion.

Inclusion focuses us on overall health, but also on health disparities. Belonging/inclusion makes us healthy. Exclusion reduces individual and collective health.

Inclusion is about creating a society where each of us can reach our full potential.

For more information

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- www.oiln.ca
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Thank You!



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